BROKEN HOME

by:
Arjay Ocampo Serrano
SHS Teacher II, Luakan National High School, Main Campus

I remember the first time I saw him sitting in my class. He doesn’t want to talk with his classmates. He is full of silence with low self-esteem. I even see him often sitting alone at lunch that my heart broke! I felt this student would need more attention and it felt really odd that there was something else he was emotionally tired from. When I asked his former class adviser, the student struggled all year with his family. What he experienced at home made him different—screaming fights, sobbing, being neglected and the saddest part is having a tremendous amount of emotional disturbance. He is a product of a broken home.

The world is not perfect. No family is perfect. Children become a victim of destruction which seems uncontrollable in their end. What we are now is because of our family’s influences on us. The personality, values, beliefs and behavior correlates undoubtedly to our life perspectives but what it’s like to be part of a broken family?

Every Filipino child dreams of a happy and perfect family. They dream of seeing their parents held hands together, sharing an intimate kiss, go on dating, celebrating special occasions with them, experiencing genuine happiness and the likes but when these words come in—misunderstanding, lack of affection, bad influences from the environment, emotional conflicts, lack of communication, discontentment and insecurities, life would be more miserable. This might also the cause of emotional breakdown of a child, depression, low self-confidence, become irrational, even the academic performance and achievement affected. Some may involve in using different vices such as smoking, drinking alcohols, drugs and might involve in crimes. According to Patel (2016), there are 15 negative ways how broken homes affect kids: health problems,
shyness, lack of self-confidence, irrational fears and anxiety, depression, suicidal thoughts, academic development, distrusting adults, stops kids being kids, emotional turmoil, poverty, has to make-do, sleeper effect, anti-social behavior and nightmares. This is really alarming since family is one of the most influential factors in the society. Parents should bear that growing up with a complete family is incredibly important as it is the child’s source of wisdom and pure love.

So as we grow older, please do not rush at things. We really get excited to start a new life, to get married. Let’s think a million times before we say “I do”. Don’t let your future child be judged as being different because they are often misunderstood. Don’t give them a broken home but give them the life they deserve.

References: